

B	I	N	G	O
45 second right side plank	1 minute plank	20 pistol squats each leg	35 sit ups	25 v-ups
20 Hershey kiss push ups	45 second reverse plank	30 hollow rocks	10 chin ups	30 straight leg sit ups
45 second left side plank	50 frog jumps	FREE	10 leg lifts	25 mountain climbers
25 push ups	45 second hollow hold	25 tuck jumps on a mat	25 floor pullovers	30 calf raisers
25 candle stick straight jump	10 press handstands from stand	30 lemon squeezer s	50 jumping jacks	20 burpees

B	I	N	G	O
50 frog jumps	10 chin ups	35 sit ups	20 Hershey kiss push ups	30 hollow rocks
20 pistol squats each leg	50 jumping jacks	25 v-ups	10 press handstands from stand	30 straight leg sit ups
25 push ups	10 leg lifts	FREE	25 mountain climbers	1 minute plank
25 floor pullovers	30 lemon squeezer s	45 second right ride plank	20 burpees	45 second hollow hold
25 tuck jumps on a mat	30 calf raisers	45 second left side plank	45 second reverse plank	25 candle stick straight jump

B	I	N	G	O
10 press handstands from stand	30 lemon squeezers	10 chin ups	30 calf raisers	10 leg lifts
45 second right side plank	25 push ups	25 tuck jumps on a mat	45 second reverse plank	25 v-ups
45 second left side plank	20 burpees	FREE	45 second hollow hold	25 floor pullovers
50 frog jumps	30 straight leg sit ups	35 sit ups	50 jumping jacks	20 pistol squats each leg
25 mountain climbers	1 minute plank	30 hollow rocks	20 Hershey kiss push ups	25 candle stick straight jump